

### ABSTRACT OF THE DISCLOSURE

A method of making a ceramic composite wherein a polymeric ceramic precursor or fiber reinforcement infiltrated with a polymeric ceramic precursor is associated with at least one metallic element to form a preceramic composite and the said composite is pyrolyzed by high frequency microwave radiation, preferably in the form of a beam, until the polymeric ceramic precursor is converted into a ceramic having the at least one metallic element integrally formed as part of said ceramic.

There are also disclosed the products of such method.

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